

Topic	Thesis Statement	Commission Leaders	Confirmed Guest(s)	Scheduled (Date)	COA Moderator	Prepared Questions
<b>Kick-off/Overview</b>	The pandemic has had a significant impact on older adults in Clark County, as around the world. Many are talking about "when we come out of the pandemic," but there is little information on "how we are to recover," especially for older adults. We will start by talking with a couple of experts about the various stops along the road to recovery from a pandemic for older adults in Clark County.	Chuck, Larry	<b>Dr. Melissa Cannon,</b> Associate Professor of Gerontology at Western Oregon University  <b>Neil Degerstedt,</b> Regional Ombudsman, Long Term Care Ombudsman Program, Area Agency on Aging & Disabilities SW WA (AAADSW)	Mar. 17	Chuck	<ol style="list-style-type: none"> <li>1. Tell us about what you do and how it relates to older adults. In your work over the past year during the pandemic, what stands out to you as the biggest challenges and impacts to older adults?</li> <li>2. With vaccines rolling out, it seems like we have some hope about coming out of the pandemic. When you think about recovery from the pandemic, what does that look like?</li> <li>3. What are some specific near-term actions you think need to be taken as part of the recovery process?</li> <li>4. Longer term, what can we do to increase community and older adult resilience to future pandemics or crises?</li> </ol>
<b>First and Early Responders</b>	Many older adults needed more help than usual during the Pandemic and were not prepared to navigate the complexities including getting groceries, wearing masks, and getting vaccinated. During emergencies, the Fire Department is first on the scene for immediate problems and the Red Cross comes next to help with early needs like food, shelter and emotional support. The Red Cross also offers help making plans for future emergencies. Representatives from both groups will discuss what could have been in place to avert disasters to allow them to do their jobs more efficiently.	Amy, Franklin	<b>Jacleen Simons,</b> Regional Preparedness Program Manager, American Red Cross, Cascades Region  <b>Chief Robert Milano,</b> Emergency Medical Services, City of Vancouver	Apr. 21		<ol style="list-style-type: none"> <li>1. What are the usual services you offer to older adults? Which ones have been needed most frequently during the Pandemic?</li> <li>2. How should older adults prepare for the next Pandemic?</li> <li>3. What makes it easier for you to do your jobs as efficiently as possible?</li> <li>4. Do you do any neighborhood organizing to help isolated older adults while they wait for your services (like Map My Neighborhood)?</li> </ol>

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<b>Health and Wellbeing Session #1: Serious Illness and Caregiver Support</b>	<p>Total wellbeing is inextricably tied to community culture, extending beyond the walls of today's healthcare system. When fostering an inclusive healthcare ecosystem where older adults can thrive, communities should consider:</p> <ul style="list-style-type: none"> <li>• Accessibility to comprehensive physical and mental health services</li> <li>• Importance food plays in chronic illness, mental and physical health</li> <li>• Disparities in health literacy and access to accurate health-related education</li> <li>• Needs of caregivers: support networks, education and training</li> <li>• New issues and needs post-COVID</li> </ul> <p>How do we build a healthy and robust community supporting older citizens to live their best life?</p>	Pam, Meghan, Nancy, Tanya	<b>Peggy Maguire</b> , President, Cambia Health Foundation	May 19	Tanya	
<b>Health and Wellbeing Session #2: Food as Medicine</b>	<p>Total wellbeing is inextricably tied to community culture, extending beyond the walls of today's healthcare system. When fostering an inclusive healthcare ecosystem where older adults can thrive, communities should consider:</p> <ul style="list-style-type: none"> <li>• Accessibility to comprehensive physical and mental health services</li> <li>• Importance food plays in chronic illness, mental and physical health</li> <li>• Disparities in health literacy and access to accurate health-related education</li> <li>• Needs of caregivers: support networks, education and training</li> <li>• New issues and needs post-COVID</li> </ul> <p>How do we build a healthy and robust community supporting older citizens to live their best life?</p>	Pam, Meghan, Nancy, Tanya	<p><b>Neal Barnard</b>, author, clinical researcher, president of Physicians Committee for Responsible Medicine</p> <p><b>Suzanne Washington</b>, CEO Meals on Wheels People</p>	Jul. 21	Nancy or Pam	

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<b>Health and Wellbeing Session #3: Social Determinants of Health</b>	<p>Total wellbeing is inextricably tied to community culture, extending beyond the walls of today's healthcare system. When fostering an inclusive healthcare ecosystem where older adults can thrive, communities should consider:</p> <ul style="list-style-type: none"> <li>• Accessibility to comprehensive physical and mental health services</li> <li>• Importance food plays in chronic illness, mental and physical health</li> <li>• Disparities in health literacy and access to accurate health-related education</li> <li>• Needs of caregivers: support networks, education and training</li> <li>• New issues and needs post-COVID</li> </ul> <p>How do we build a healthy and robust community supporting older citizens to live their best life?</p>	Pam, Meghan, Nancy, Tanya			Meghan or Tanya	
<b>Healthy and Connected Communities: Intersections and Opportunities for Social Connections</b>	<p>Citizens living in socially connected communities are more likely to thrive. (article) Those who feel a sense of security, belonging and trust have better health outcomes. (RWJ)</p> <ul style="list-style-type: none"> <li>• Where are we succeeding in Clark County to drive community connectedness and support healthy, vibrant aging?</li> <li>• What can we learn from other communities who have succeeded?</li> <li>• What are the steps to achieve the ideal state?</li> </ul>	Chuck, Tanya				
<b>Personal Economics/Financial Recovery</b>	<p>What are the economic impacts to older adults in the region from COVID? What steps should the older adult community take to economically recover in 2021 and beyond? Does the COVID stimulus package(s) have any effect?</p>	Chuck				